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HERB PLANTING GUIDE

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Your source for herb, vegetable and
flowers seeds, planting supplies listed
in this booklet.

CULTURE; Start seeds indoors, 6-8 weeks before last spring frost. Place seeds twice the depth, no more, of seed size in a seed flat with a good soil substitute, like Metro Mix 360 or similar. Space seeds $\frac{1}{2}$ " apart. Keep soil moist, but not too wet and germinate at 55°F. It maybe a good idea to cover flat with a grow dome to conserve moisture. Care should be taken to not let direct sunlight hit the flat with a grow dome on it as it will cook the seed and kill it. Water flats from the bottom. This can be done by filling a grow dome $\frac{1}{2}$ way full of water and setting seedling flat into it. Transplant outdoors after soil has warmed up to 60°F. Space plants 12" apart. Needs well drained soil and crown of plant should not be covered with soil.

SAVORY, WINTER *Satureja montana*

Used similar to summer savory.
Perennial. 6-12" plant.

CULTURE; In late spring, sow seeds shallowly outdoors in finely worked, poor, well drained soil. Seeds are sow to germinate. After seedlings emerge, thin to a 12" spacing.

TANSY *Tanacetum vulgare*

Dried foliage used to keep moth away from woolens. A few tansy leaves on a sink or cabinet sure makes the ants nervous and helps keep them away. Tansy can make a weed out of itself if left to go to seed. It will also spread by its roots. Plant it in a place where it can be controlled. Perennial. 24-30" plant.

CULTURE; Tansy is easy to start from seed. Can be started indoors and transplanted outdoors. Sow seed in a fine soil and cover lightly. After emerge and of a nice size, transplant outdoors. Space plants 10-12" apart.

THYME WINTER *Thymus vulgaris*

Leaves maybe used fresh or dried for later use. Use to season many foods. Plants also make a good bee attracting plant. MEDICINAL; Make a tea and use as a sore throat gargle. Also used for coughs, a soothing tea and in massage oil. Perennial. 8-12" plant.

Continued next page.

Herb	Page #
Anise	3
Arugula	3
Basil	4
Borage	3
Calendula	7
Catnip	5
Chervil	6
Chives	7
Comfrey	8
Coriander	8
Cumin	9
Dill	9
Fennel	10
Lavender	11
Lovage	10
Marjoram	11
Oregano	13
Pennyroyal	14
Peppermint	12
Rosemary	14
Rue	15
Sage	16
Savory, Summer	16
Winter	17
Spearmint	12
Tansy	17
Thyme, Winter	17

ARUGULA

A tasty green used in salads, tomato recipes, sandwiches, salad mixes and as a garnish for fish dishes. Plants grow up to 30" tall. Annual.

CULTURE; Direct seed from mid-spring onward. Cover seeds lightly and space 1" apart. Do not thin. For a continuous supply of fresh cut greens, plant every 3 weeks. Cut and use like leaf lettuce.

ANISE *Pimpinella anisum*

Leaves are used in salads for their licorice flavor. Seeds are used in cakes, candies, drinks and animal feed for a licorice flavor. **MEDICAL;** Anise seed tea aids digestion and soothes coughs. Plant height; 10-16". Annual.

CULTURE; A little touchy to grow. Sow seed in late April to early May in well worked, fine soil. Place seeds 1/8" deep and spaced at 4 seeds per foot. After emerge, thin seedlings to a 8" spacing by pinching excess, weed seedlings off at ground level.

BORAGE *Borago officinalis*

Young leaves used in salads. Bees just love the pink and blue flowers. Flowers are also lovely on cakes and in summer drinks. Leaves and flowers have a cucumber like taste. **MEDICAL;** Seeds are a rich source of gamma-linolenic. 18-30" plant. Annual.

Continued next page.

SAGE *Salvia officinalis*

Leaves are used fresh or dried for flavor meats and dressings. A favorite for seasoning in sausages. **MEDICINAL;** Digestive and nerve tonic. Astringent, antiseptic. Perennial. 16-30" tall plant.

CULTURE; Seeds indoors 6-8 weeks before last spring frost. Using small pots, fill each with a good soil substitute, like Metro Mix 360 or similar. Place seeds 1/4" deep. Dampen soil and germinate at 60-70°F for 10 to 25 days. Transplant outdoors after danger of frost is past. Space 18-24" apart.

SAVORY, SUMMER *Satureja hortensis*

Aromatic tops are used fresh or dried as an ideal seasoning in gravies, stews or vegetable dishes, especially beans. If you do not care for the strong flavor of sage in poultry dishes, try savory in its place. **MEDICINAL;** Tea from savory makes a good gargle for a sore throat. Also used for diarrhea, indigestion and as an aphrodisiac. Used externally for insect stings. Annual. 10-18" plant.

CULTURE; Sow seeds outdoors after soil has warmed up and danger of frost is past. Spread seeds over finely tilled soil. Lightly cover. Will germinate in about a week or so. Thin and transplant thinlings to a 12" spacing after plants reach 4-6" in height.

Replant each into a small plastic pot, 4-4½". At this time, do not use any peat moss in soil. Mix sand and a good sterile potting soil together. Keep mix on the dry side as over watering is one of the principle reasons for losing Rosemary seedlings. As plants continue to grow, repot them into larger pots. Plants can also be transplanted outdoors in a well drained, protected location. Protect plant in the winter from cold weather.

RUE *Ruta graveolens*

Leaves can be picked several times a year before flowers form. Used fresh or dried for later use to flavor salads and cheeses. MEDICINAL; As a warming herb primarily used as an antispasmodic. Do not use internally. NOT FOR PREGNANT WOMEN. PLEASE NOTE; when plant is blooming and for some people, at anytime, leaves may cause a rash like poison ivy does. Before handling leaves, it may be a wise idea to rub on a protective oil of some type. Tender perennial. 24-36" tall plant.

CULTURE; Start seeds indoors in a sandy medium. Press seeds into soil and cover lightly. Germinate at 60°F for 10-14 days. After emerge, grow seedlings at 55°F until transplanted outdoors. Rue requires poor soil with good drainage and does poorly if it needs to compete with other plants. Plant by itself and keep patch weed free.

CULTURE: After all danger of frost is past, direct sow seeds, ½" deep, cover lightly. Control weeds & keep moist.

BASIL *Ocimum basilicum*

A must for tomato sauces. Leaves can be used fresh or dried to later used later. Use leaves to make sweet basil oil. Leaves must be freshly cut. If leaves need to be washed before using them, make sure they are patted dry with a towel or cloth. Place leaves in a glass jar. Do not pack. Fill jar loosely. Now fill jar with vegetable oil, or your favorite oil. Add one tablespoon of white vinegar. Cover jar with a lid and ring. Should be tight enough so oil does not creep out. It maybe a wise idea to place jar into a plastic bag, just in case oil does seep out. Now place jar on a window sill or other place where sun shines on it in the daytime. Shake jar every day to mix basil flavor with oil. In about three weeks, basil flavor and scent should be transferred to oil. To check, place a drop on back side of hand. If basil smell is strong, it is ready to use. If not, remove basil leaves and fill with new fresh leaves along with one tablespoon of white vinegar. Follow steps above. Oil can be used in salad dressings and others. MEDICINAL; Soothing to the stomach.

CULTURE; Start seeds indoors 6 to 8 weeks before last frost date for your area. You will need a web bottom seed flat, a insert, like a 1206 and two clear plastic gro-domes.

Continued next page.

Turn one gro-dome upside-down and fill half way with warm water. Fill insert with a fine soil substitute, like Metro Mix 360 or similar. Place seeds twice the depth of seed size in soil. Firm soil over seed well. Now place freshly planted insert with soil into the gro-dome with the water in it. Cover with other gro-dome. This retains the moisture and keeps soil from drying out. Germinate at 80° out of direct sunlight. If your trays are in direct sunlight, you will cook the seed and kill it. After all danger of frost is past and plants are a nice size, transplant outdoors.

CATNIP

Nepeta cataria

Cats just love the stuff and may damage a bed of catnip for you. Cats seem to become almost intoxicated by the smell of it. What is so interesting is that cats will let a newly planted bed go until plants have some broken stems or leaves. At the same time, you can transplant catnip and your cat may almost ruin the newly planted bed.

For human use, catnip makes a good smoothing herbal tea. MEDICINAL; Colds, flu, fever. Good relaxing children's tea. Flowers essence to allay anxiety.

CULTURE; Easy to grow. Seeds maybe started indoors or outdoors. For indoors; Fill a seedling flat with a sterile soil substitute, like Metro Mix 360 or similar. Lightly cover seeds. Wet soil from bottom. To wet flat from bottom, fill a gro-dome half full of warm water and set flat into it.

PENNYROYAL

Mentha pulegium

Aromatic mint used in a variety of remedies. Fresh pennyroyal makes a good insect repellent for man or beast. MEDICINAL; Tea for upset stomach, nervous headache and to promote menstrual flow. NOT FOR PREGNANT WOMEN.

CULTURE; Pennyroyal maybe started indoors or outdoors. INDOORS; In a sterile, fine soil substitute, like Metro Mix 360 or similar, lightly cover seeds. Germinate at 55-65°F for up to 2 weeks. After emerge, grow at 65°F. After all danger of frost is past, transplant outdoors with a plant spacing of 6". OUTDOORS; Direct sow seeds in early spring. Lightly cover seeds. After seeds emerge, thin to a 6" spacing.

ROSEMARY

Rosmarinus officinalis

Aromatic stems and evergreen like leaves used to flavor meats and sauces. Also used in potpourri. MEDICINAL; Headaches. Stimulates circulation. Used in shampoos. Perennial. 18-36" tall plant.

CULTURE; Start seeds indoors in a sterile soil substitute like Metro Mix 360 or similar. Lightly cover seeds. Germinate at 75°F days and 55°F nights. Seeds are slow to germinate and will take up to 20 days. After emerge, seedlings are slow to grow and may take several months to get 1" tall. As soon as young, tender seedlings can be transplanted, at about 1" tall, do so.

Continued next page.

CULTURE: Sow seeds in fine, deeply spaded soil. In late spring or early fall. Place seeds 1/16" deep. Seeds will germinate in about 14-18 days depending on soil temperatures and weather. Mints like moist soil. Peppermint grows great along slow flowing streams of water.

OREGANO

Origanum vulgare

Oregano is mainly use in its dry form. It is used to flavor mainly pizza, meats, spaghetti and tomato dishes. Perennial. 8-18" tall.

CULTURE: Start seeds indoors 8-10 weeks before last spring frost. You will need a solid bottom flat with no holes in it, 1206 insert and a clear grow dome. Fill insert with a good fine, sterile soil substitute like Metro Mix 360 or similar. Fill insert with soil, lightly covering seeds. Fill solid bottom flat $\frac{1}{4}$ to $\frac{1}{2}$ way full with warm water. Set insert into flat. Make sure soil is wet all the way to the top. Do not water from top, only from the bottom. Place clear grow dome over flat, insert and place in a dark location. Germinate seeds at 60-65°F for 5-7 days. After emerge, fertilize with a 20-20-20 fertilizer at $\frac{1}{4}$ rate. Weak manure tea or a tea made out of Bradfordfield fertilizer will also work. Replant young plants, at 2-3 weeks of age, into 3" or 4" pots. Keep soil moist and not too wet. Transplant outdoors after last spring frost. Oregano loves a light, limey soil.

Germinate at 60-70° for 7-10 days. Transplant outdoors after plants are a nice size, 4-6" tall. Space plants 10-12" apart. **FOR OUTDOOR:** In early spring, after soil has warmed up, till up soil finely. Place seeds 1/16" deep.

Germination will be in about 10-14 days depending what weather is like. After plants are 4-6" tall, they maybe transplanted to a 10-12" spacing. A bed of catnip should last for many years.

CHERVIL

Anthriscus cerefolium

Chervil is often use in place of French tarragon which can not be started from seeds. The leaves have a scent of myrrh and is the basic for herb salads. Finely cut leaves used in soups, asparagus, potatoes and vegetable dishes. Also makes a nice garnish. Annual. 10-24" tall.

CULTURE: Sow seeds shallowly outdoors in early spring or fall. This plant transplants poorly. For a continues crop, sow seeds every 2 weeks until mid July. Hot weather cause plants to bolt making it unusable. Snip leaves continuously after 6-8 weeks of growth. For best flavor, use fresh.

CALENDULA

Can be used as a annual flower or as a herb. Long blooming flowers are edible and rich in carotenoid for use as a dye. MEDICINAL; Fro healing skin ointments and as a antiseptic tinctures. Annual flower in a wide range of colors. 20-24" tall.

CULTURE: Start seeds indoors 8-11 weeks before transplanting outdoors after all danger of frost is past. Place seeds $\frac{1}{4}$ " deep in soil and germinate at 70° in the dark for 7-14 days. After emerge, remove seedlings from dark into a well lighted place until transplanted outdoors. Keep soil moist, but not too wet, as wet soil causes damping off. When transplanting outdoors, space plants 10-12" apart in a partly shaded area.

CHIVES

Garlic; *Allium tuberosum* Onion; *Allium schoenoprasum*
Cut leaves and use fresh or dried.
Leaves have a onion or garlic like flavor. Used in soups, stews, salads and egg dishes. Perennial. 6-8" tall.

CULTURE: Start seeds indoors 6-8 weeks before last frost date. Use a deep container. Fill container with a good fine soil substitute like Metro Mix 360 or similar. Place seeds $\frac{1}{4}$ " deep and germinate at 60-70° for 10-14 days. Keep soil moist, but not wet. When seedlings emerge, grow at room temperature. transplant into clumps or in a row. Plants will last for years with proper care. Continued next page.

CULTURE: Sweet Marjoram is a little tricky in growing. In a deep dish or seedling insert, fill with a good fine sterile soil substitute like Metro Mix 360 or similar. Place seeds on top of soil and lightly cover with a layer of sterile sand. Wet soil from bottom. You can set dish with drainage holes bottom or deep seed insert insert in water to wet soil medium. Germinate at 70°F.

Seeds germinate fast. The trick is in keeping them from damping off. Keep soil on the dry side put not too dry. This is were the trick comes in. If you make it past this stage you made it. When plants are 4-6" tall, transplant outdoors after last spring frost and soil has warmed up nicely. Space plants 6-8" apart. Good luck. Seeds may also be sown outdoors after soil is warmed up. Follow directions above. In the fall, plants can be replanted into a hanging basket or deep, wide pot, for fresh leaves in the winter time. When harvesting, pick only side leaves off plant and not from growing tip of branch.

MINTS

Peppermint and spearmint are both used to make ice teas. When using peppermint into tea, avoid making it to strong as to much can be harmful. Both mints can be used fresh, frozen or dried for later use. Dried mints can be used in potpourri if used in small amounts. Larger amounts will over power the other herb fragments. Perennial.

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CULTURE: Direct sow seeds in late summer or early fall. Place seeds $\frac{1}{4}$ " deep. Sow seeds thickly as seed tend to germinate poorly. Seeds planted in the fall may not germinate until the following spring. After emerge, thin to a 2-3' spacing. Replace plants every 4-5 years.

LAVENDER

Lavandula angustifolia

Aromatic flowers used in soups, sachets or pillows. **MEDICINAL:** Calming to the nerves. For headaches. Soothes burns, cuts. Sleep inducer. Perennial. 12-18"

CULTURE: Lavender is a challenge to grow. Start seeds in a sterile soil substitute like Metro Mix 360 or similar. Cover seeds lightly and germinate at 70° for up to a month. Keep soil on the moist side put not too wet. Transplant seedling outdoors after they are well established. Space plants 12" apart. Lavender prefers sandy, limey soil. Any aid in growth the first year is valuable, as young Lavender plants winter kill easily. Mulch young plants to protect from winter kill. Older plants must only be mulch if winter temperatures are 0° or below.

MARJORAM

Origanum majorana

Leaves are used fresh or dried to flavor meats, pasta, bean dishes, sauces and fish dishes. Annual in the north and perennial in the south.

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In areas where temperature gets below 0°, mulch bed with straw or hay to protect from cold. Do not cut off all leaves at one time. Cut only a few from each plant.

RUSSIAN COMFREY

Symphitum uplandicum

A large perennial plant with large fuzzy leaves. Flowers stems may reach a height of 3 feet. Russian comfrey blooms in mix color range of purple, rose, yellow or white. **MEDICINAL:** Leaves used to make a tea for a soaking or washing out wounds with it. Not to be used internally. For external use only.

CULTURE: Start seeds where plants are to grown. Comfrey grows best in a damp soil, like by a rain spout or along a small stream. Comfrey is not very drought tolerant. Place seed $\frac{1}{4}$ " deep and cover. Spacing of plants 3'. Keep soil moist, but not too wet. Control weeds. With proper care, a bed of comfrey should last for years. Do not remove more than $\frac{1}{4}$ of leaves at anytime.

CORIANDER

Coriandrum sativum

Both seeds and leaves are used. Seeds can be used whole or ground. Used to flavor soups, cheeses, pickles or curry. Fresh leaves can be used like parsley. This plant is not bothered by most insects. **MEDICINAL:** Used internally for minor digestive problems. Annual. 18-20"

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CULTURE: After all danger of last spring frost is past and soil has warmed up to at least 60°, till soil fine and loose. Direct sow seeds $\frac{1}{4}$ " deep, 3-4" apart in a row spacing of 30-36".

CUMIN

Cuminum Cyminum Umbrelliferae

Seed are powdered and used in curries, Mexican dishes for its hot, pungent flavor. Annual.

CULTURE: Seeds maybe started indoors or outdoors. Place seeds $\frac{1}{8}$ " deep. Needs warm soil of 70° to germinate. After plants emerge, thin or transplant to a 4-6" spacing in a row as they need each other for support. A heavy rain, wind or heavy seed head will knock plants down anyway. Seed production is very sensitive to dry weather. Plants may just dry up instead of forming any seeds. Keep soil moist, put not too wet. Seeds maybe harvest at anytime after they are fully formed. If harvested green, you will need to dry them before storing them.

DILL

Anethum graveolens

A popular herb used in making pickles. Seeds and seed heads are used. Seeds can also be left to dry to be used at a later time. MEDICINAL: Seeds as a remedy for flatulence. Annual. 30-36".

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CULTURE; Dill is very easy to grow. After soil has warmed up in the spring, select a sunny, well drained location. Work up soil till fine. Direct sow seed at a depth of $\frac{1}{4}$ ". For best results, keep soil moist. Dill will reseed itself if given a chance. If you let it reseed, you should have a dill bed for many years.

FENNEL

Foeniculum vulgare

Tender perennial, usually grown as a annual. Fresh leaves are well suited for salads, sauces, eggs and fish dishes. Looks somewhat like celery with edible stalks. Parboil root with leek for a tasty vegetable dish. MEDICINAL: Seeds used in tea and tincture as a digestive aid, expectorant. Used in China (Huixiang) as a spleen, kidney and repunctive tonic. 24-36" tall plant.

CULTURE; In early spring or late fall, in a well drained location, direct seed seeds. Place $\frac{1}{8}$ " deep, 6" apart. Fennel transplants poorly.

LOVAGE

Levisticum officinale

Harvest aromatic celery flavored leaves as needed for soups, sauces, stews, salads or teas. Blanch stems and eat as a vegetable. Seeds can be sprinkled over candy, bread or meat dishes. Roots can be used to make a tea. MEDICINAL: Aromatic stimulant, warming digestive tonic. Similar activity to Dong Quai. Perennial. 18-24" tall.

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